

Spinach Artichoke Stuffed Mushroom Caps



Ingredients

6 large portabella mushroom caps
½ cup onion, diced small
2 tsp. minced garlic
1 oz. butter
2 tbsp. flour
¾ cup milk
4 oz. raw spinach
1 cup of artichoke hearts, or pieces (drained), chopped small
½ cup mozzarella cheese
½ cup breadcrumbs
optional- chicken (1 cooked chicken breast is enough for 3 mushrooms)
ground black pepper and kosher salt to taste

Procedure

1. Pop the stem off the portabella mushroom carefully as to not break the cap. The stems can be trimmed up and used for soups or stir fries, etc.
2. Using a spoon, carefully scrape the black “gills” from the underside of the cap. Discard these.
3. Using a damp paper towel, brush down the outside of the mushroom to remove any dirt.
4. Preheat oven to 400°F.
5. In a saucepan melt butter. Add onions and garlic. Sauté until tender. Add the flour and cook for 1 minute while stirring.
6. Stir in the milk. Bring to a simmer and cook until thick while stirring. When thick, stir in spinach, and artichoke pieces. Add cheese and stir until melted. Season to taste with salt and pepper.
7. If you want to add chicken, cut chicken into small pieces and stir in.
8. Lay the mushroom caps out on a pan. Spoon the filling amongst the caps. Sprinkle with bread crumbs.
9. Bake for 15-20 minutes until browning on top, and hot all the way through.
10. Cool slightly before serving.

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